

Caregiver Support Groups



Western Region

Do you give unpaid care to
a parent ?
a spouse ?
a child ?
a friend or relative ?

Due to
frailty or advanced age?
a chronic illness ?
a mental illness ?
a disability ?

You are not alone!

Our support groups are facilitated by a trained staff member. They offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment.

Bridgewater

2nd Thursday of each month from
1:30pm – 3:30pm

Location: Lunenburg County Lifestyle Centre
135 North Park St., Bridgewater

Chester

3rd Thursday of each month from
1:30pm – 3:30pm

Location: The Community Room at
Our Health Centre
3769 Highway #3, Chester

Liverpool

3rd Wednesday of each month from
1:30pm – 3:30pm

Location: Community Room at Queens Place Emera
Centre (Exit 19)
50 Queens Place Drive, Liverpool

Lunenburg

2nd Wednesday of each month from
10:30am – 12:30pm

Location: Lunenburg Library, 1st floor
Lunenburg Academy
97 Kaulbach St, Lunenburg

For more information:
Call Jennifer Briand at
902.521-5592 or 1.877.488.7390
www.CaregiversNS.org